



Heritage Center

January/February 2016



A Recreation Center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center
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Murray UT 84107
801-264-2635
heritage@murray.utah.gov
www.murray.utah.gov

Director's Report—Happy 2016 by Susan H. Gregory

Happy New Year to everyone. The Heritage Center had a great 2015 and we hope you will continue to enjoy participating in the many programs and services offered at the Center as we kick off 2016. Before we get started on 2016, I thought I would share some of the highlights of 2015.

On a personal note, as a proud Mom, I have to brag about my kids. My daughter Rylee has just about completed her 2nd year of medical school and will be moving to Florida in July for the next two years on her journey to become a doctor. I'm excited to have a warm place to visit. My daughter Savanna graduated from BYU-Hawaii, started working full time, and is currently living in the basement of our house (we love having her at home). We made a big move this year and after 25 years in the same house decided to move into a rambler with no stairs (our old house had 3 floors). I don't seem to be getting any younger (darn it) so my husband and I decided to make the move now. So 2015 has been a big year at the Gregory house.

Things at the Heritage Center have also been very eventful during 2015. We had 1754 people participate in programs and services at the Center. We had over 100 volunteers donate more than 7,000 hours of service (thank you volunteers!) We acquired a new 14-passenger vehicle and started offering transportation service to Murray residents with the help of volunteer drivers (thank you Jerry Budd and Chuck Dillard). We added two new outdoor pickleball courts in the backyard and hope to offer play on the weekends next year. We have also tried to keep everyone better informed by adding a TV monitor in the lobby with the daily schedule of programs and activities and we are emailing out more than 800 newsletters each month. Don't forget to update your email or other information should it change. And last but not least, we remodeled and expanded the small office in the dining room. The larger room will provide additional space for programs and activities. We are still collecting donations for the final touches on the room. Our goal was to try and raise an additional \$10,000 by the end of January. Slowly but surely we are getting closer to the goal. We raised \$1,263 at the Winter Boutique, \$1,126 from the Silent Auction, and \$810 from the participant challenge. We challenged everyone to donate \$10 towards the project in hopes that the 1754 participants would all be able to pitch in a little. It's not too late to donate \$10 if you haven't had the opportunity. We have planned the ribbon cutting ceremony for **Wednesday, February 3 at 11:15**. Come and enjoy entertainment during lunch and tour the new room. Thank you for your donations and patience during the dust, noise, and inconvenience of no west entrance. I'm excited for what we can offer in 2016. Don't hesitate to see me if you have any suggestions on programs and services you'd like to see added in 2016. Best wishes for a healthy and happy 2016. — *Susan Gregory*

Services Offered

- Arts & Crafts
- Cultural Programs
- Education
- Exercise
- Health Services
- Information & Referral
- Lunch Program
- Recreation
- Socialization
- Transportation
- Travel
- Volunteer Opportunities

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication. Rates based on a one issue insert: \$200 full page, \$250 back page, \$100 half page, \$50 1/4 page, \$25 1/8 page. Multi-issue discounts are available. Call or email the Center Director for more information. 801-284-4237 or email sgregory@murray.utah.gov

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Newsletter—Notary—Gift Certificates—Credit Cards

This **Newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant card and have provided an email address, available to pick up at the Center, online at www.murray.utah.gov or mailed to your home with an \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$1.00 per issue.

Susan Gregory, Heritage Director, is a **Notary** and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged.

The Center accepts all major **Credit Cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person.

Gift Certificates are available for Center Programs. If family or friends need gift ideas, tell them about Center gift certificates!

Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need.

Murray City Administration & Heritage Staff

Mayor — Ted Eyre

Public Services Director— Doug Hill

City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

Heritage Staff

Director — Susan H. Gregory

Program Coordinators — Maureen Gallagher & Wayne Oberg

Secretary — April Callaway

Receptionist — Becky Sanborn

Ceramics — Cindy Mangone

Meals Supervisor — Calli Johnson

Meals Assistant—Amanda Hukabee and Nathan Root

Custodian — Don Smith

Vehicle Driver — Robert Himes,
Volunteers-Jerry Budd, Chuck Dillard

Building Attendant — Pete Wright

Heritage Advisory Board

Judy Baxendale, Brenda Clausen,
Charlotte Cox, Kathy Houston, Jenny Martin, Erich Mille, Greg Waldron,
Pete Wright, Rod Young

Scholarship Program

In an effort to enable all senior adults access to Center programs, activities and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship program is available. The scholarship provides \$70 per month to an individual to help pay for Center activities. The program is made possible by donations. In order to be eligible you must prove a financial need and meet certain criteria. Applications are available at the front desk or see the Center Director.

Watercolors with John

The current Monday morning Watercolor class with John is full. The next class will not start until Monday, March 7 and will run through April 11. Watch the February newsletter for details on how to sign up for the class and what the topic will be for the March/April session.

Chakra Meditation

Chakra Meditation with Barbara Battison, Massage Therapist, Energy Body Worker, and Reiki Master, starts on **Monday, January 11**

and runs through Monday, March 14 from 10:30-12:00. (No class on January 18 and February 15). The cost for this 8 week class is \$20 or \$3 per session. Barbara will present in-depth information about how Chakras and Meditation work. You will learn different ways to take responsibility for your own health. A portion of this class will be spent on Meditation and how to activate and keep your Chakras balanced. Register for this class now.



Downsizing—what does it mean?

The Center is pleased to offer a class called **Downsizing-What Does It Mean?** This class will be held on **Tuesday, January 12 at 10:30.** Darlene Whitney, local Real Estate Broker with Keller Williams, will present information about the Downsizing process. Darlene has some great ideas and the willingness to help with this process. Are you thinking about moving to a smaller place? Over time, we tend to accumulate stuff—lots of stuff! We have drawers full of stuff, gifts that we have never used (*and never will*), furniture we don't really need but keep "just in case," and items that we've had for years. It may be difficult to part with some things because of their familiarity, even though they may be serving no functional purpose. Now is the time to get rid of excess baggage (*literally*) and pare down to the essentials. Darlene will discuss some of the best ways to downsize and feel good about it. This is a free class, register now.

Winter Wellness Class

Join us on **Tuesday, January 19 at 10:30**, for the Winter Wellness Class. Are you already tired of winter? This class will give you an opportunity to spice up your life and feel better. Essential Oils are not new, in fact they have been around for centuries. Catherine Greene will present this class which will introduce you to the use of Essential Oils and Wellness Products.

Become empowered this winter by learning how to use Essential Oils. This is your opportunity to sample and experience Essential Oils and Wellness Products. Hear from individuals who understand the power of prevention and learn what oils to use for easing discomfort in the aging body. This is a free class, register now.

4th Annual Storytelling Workshop

The Center is hosting an eight-session Storytelling workshop on Wednesdays and Fridays. This workshop will be held **Wednesday, January 20, 27, February 3, 10, and 17 and Friday, January 29, February 5, and 12 from 12:30-2:00.** The Wednesday, January 20 workshop will be an introduction to Storytelling, what it is about and what you can expect from this series. This program is sponsored by the Murray Cultural Arts Department. This is a free series, sign up now.

Carol Esterreicher will be leading this workshop. Carol is a nationally recognized and award-winning Storyteller and Educational Specialist. She has been teaching storytelling techniques and telling stories for over 30 years. You can expect to learn an easily applied model that defines the people, places, problems, and processes that apply to a myriad of story types. In addition to recognized story themes such as folk tales and urban legends, the well-told personal remembrances of your life are "stories" too. Learn to connect with your audience and invite them to share in the joys, lessons, and journeys you can take them on when you share the stories you love to tell. This year the Storytelling Festival will be held on Saturday, March 12.

Wednesday Painting: Oil & Watercolor

The current Wednesday painting class is full. A new six-week session will begin on **Wednesday, February 24 at 9:00-12:00** and will run through **Wednesday, March 30**. The cost is **\$30** and payment is needed in advance. Teri Wood-Elegante is the instructor. Teri has trained under some of the best masters in watercolors. She will also be teaching oils. Space is limited to 15. Registration begin on Tuesday, February 9.

The Center wants to say **Thank You** to everyone who made hats or donated yarn for the project this past year. We gave nearly 900 hats to the Homeless Shelter in Midvale in December. We will continue this program in 2016. Place completed hats and yarn donations in the bin in the lobby. Thanks again!

AARP Smart Driving Class

The AARP Smart Driving Class will be held **Tuesday, Jan 26 or Feb 23** from **9:30-2:30**. Sign up at the front desk. The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee at the start of the class. Make your check out to AARP and pay the day of class. They do not take Credit Cards. Bring your AARP membership card and valid driver's license. Check with your insurance company to see if they offer a discount for attending this class. Starting in 2016, the class will move to the last Tuesday of every month. We have a larger room available on Tuesdays so we can accommodate more participants.

Valentine Cards for Hospice

On **Tuesday, February 2** and **Tuesday, February 9** from **1:00-3:00**, you will have an opportunity to make Valentine Cards for Hospice patients around the valley. Canyon Home Care and Hospice will provide decorative paper, envelopes, markers and pens, and some embellishments. It sounds like fun and it is truly a great cause. You will meet in the ceramic room and Staci Beltran and Jennifer Taumoepeau from Canyon Home Care and Hospice will be here to help you embellish your cards for their clients. Register now, this is a free class.

Experts with Arthritis

The Center is pleased to offer **Experts in Arthritis** on **Tuesday, February 9 at 10:30**. The United States Bone and Joint Initiative (USBJI) and the U.S. National Action Network of the worldwide Bone and Joint Decade, is delighted to partner with Experts in Arthritis. A representative from Experts in Arthritis will present this class. What makes this program so unique? You will be able to ask your questions about your Arthritis. You will be empowered to play a leading role in managing your disease. You will learn about Nutrition and Exercise and the importance of both. There will be time for Q&A and the presenter will make every attempt to answer all your questions. This is a free class, sign up now.

Vital Aging—January & February

On **Tuesday, Jan 26 at 10:30**, we will present a new wellness class called: **Life Review and Transitions**. The process of thinking back on our life and then communicating with others about those experiences is called a "life review." As we age, we want to know and pass on how we have touched others' lives and understand how others have touched our lives. As a part of this class, we will reminisce about our past and reflect about present experiences to help us put our life in perspective. Tifani of the Vital Aging Project will be at the Center at 10:00 just before this 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life. This is a free class, sign up now.

On **Tuesday, Feb 23 at 10:30**, our wellness class will be: **Achieving a Healthy Mind and Soul**. Coping with changes in an enduring quality of life can be challenging. However, establishing a health and wellness plan can help you stay independent and enjoy an enduring quality of life. If you would like to investigate how to maintain a healthy mind, body and soul and stay motivated when making new lifestyle choices, join in this class. Tifani will be at the Center at 10:00 to meet with anyone needing one-on-one help. This is a free class, sign up now.

Senior Learning Network

Through the wonders of technology (video conferencing), the Center will continue to offer some special interactive presentations from around the country through the Senior Learning Network. Join us on **Wednesday, January 20 at 1:00** for "**A History of Glore**". The original 'State Lunatic Asylum No. 2' opened in November of 1874 with 25 patients. The Glore Psychiatric Museum has been recognized as "One of the 50 most unusual museums in the country." It is one of only a handful of museums dedicated to the history of the treatment of the mentally ill.

On **Monday, January 25 at 12:30**, "**Denali, the High One**" will focus on the dynamic geologic processes – subduction, uplift and erosion – that created North America's tallest mountain, Denali. Participants investigate why Denali is so big and how it influences the weather and glaciers. Since this presentation is on a Monday, it will be the movie of the day.

Finally on **Monday, February 8 at 1:30**, join us as we explore "**The Science of Sled Dogs.**" Participants explore the adaptations – behaviors, forms (anatomy) and functions (physiology) – that make Denali's sled dogs well-suited to living and working in subarctic winter conditions.

These are free classes. Sign up now for these informative presentations.

Look What I Made

On **Tuesday, January 12 and February 9 at 2:00**, Susan Callaway will be at the Center to instruct participants in how to create a wood craft. January will be a Valentine and February will feature something for St. Patrick's. See the sample in the lobby display case. The cost is \$5 and all supplies are included. Signups begin January 5 for the Valentine Craft and January 26 for the February craft. Registration and payment is needed in advance. You will be able to finish the project and take it home the day of the class.

Kitchen Help Needed

☺ A volunteer to serve on Wed. or Fri 11:20-12:00

☺ A volunteer to roll silverware 2 hours a week—
you pick the day & time.

See Calli if you are interested.

Gadget & Computer Classes

The computer lab has 6 personal computers running Microsoft Windows 8 and 10. Computers are available any time a group class is not being held. The Center also has an iPad available for use while at the Center if you'd like to try out a tablet. There is no charge to use the computers, but printing is 5¢ per page and users must sign-in and list the computer they are using. Private Gadget and Computer Help is available on Monday, Tuesday and Thursday for one hour and the cost is \$3. Sign-up and payment is needed in advance. Instructors can help with phones, readers, tablets, and computers.



Genealogy Class

The Center is pleased to offer a new class **Genealogy**. Many of you have asked if we could have a Genealogy class, and yes we can! This class will start on **Monday, February 22 from 12:30-1:30**. We will meet Mondays and Wednesdays from **February 22 thru March 9**. The Center will be providing a series of Family History Training classes that will teach state of the art computer software techniques and strategies for finding family ancestors and records. FamilySearch and Family Tree are free to the public. They are wonderful tools that will help family members seek and find their ancestors. These classes will be taught by Glen Sisam and Rod Chandler who have over 30 years of experience in this field. Space is limited to 6 and this is a free class. This class requires some basic computer skills. Register now.

Social Security 101—New Retirees

On **Friday, February 26 at 10:30** Darren Hotton, Program Director from Utah Division of Aging and Adult Services will be here to present Social Security 101. You may be just turning 65 this year and you have thousands of questions about Social Security. This class will discuss how you become eligible, the different types of benefits, how to use the online services, and time for Q&A. This is a free class, register now

Congratulations and Thank You Vickie Mower

Please join us in saying thank you to Vickie Mower, our volunteer of the month. We are pleased to see younger volunteers stepping up with their service hours. Born to Barbara and Clarence Leffler in 1952, Vickie was the first born, later joined by one sister and two brothers. She grew up in Clearfield, Utah and graduated from Clearfield High School. She spent most of her 35 years working for US West and Qwest. She retired in 2007. When she first started working she didn't qualify as a Directory Assistance Operator because she had limited hearing in her right ear. At nine months old, she came down with Meningitis. Her hearing loss led her into many other jobs that traditionally were not occupied by woman. She was able to make lemonade out of her lemons! Before retirement, she experienced many professional jobs. She was the first woman ever to be assigned the task of collecting the money out of pay phones. There is a whole generation of young people that have never heard of Pay Phones. She was the second woman ever to rise to the position of Lineman Crew. This job required her to work on cable lines with heavy equipment and utilized many tools traditionally thought to be men's work. The pay rate for doing "men's work" was much higher than the women received working as Directory Assistance Operators. Because of the opportunities afforded her by her employer she was fortunate to enjoy a great career. Vickie met her husband Frank Mower when she was just 9 years old. They were next door neighbors and Frank was quite a bit older, so much so that Vickie's father told Frank to stay away from his daughter! Eventually, Frank served in Vietnam and did not return to the old neighborhood until after his service days were over. Frank and Vickie met again as adults and felt that familiar spark and have enjoyed 26 years of marital bliss. They have one daughter and still enjoy their life together. Vickie enjoys many hobbies including: Pickleball, Antiquing, Sewing, and Crafts. She has a large collection of Barbie dolls, numerous antique telephones, and great memorabilia from the 2002 Olympics in Salt Lake City. Over the past three years, Vickie has been the lead volunteer for our summer Brunch, has helped with several Special Events and has been willing to do whatever is asked of her as a Volunteer. She puts a lot dedication into all of her volunteer work. Vickie will be honored for her contribution to the Heritage Center at 12:00 noon on Tuesday, February 23. We thank you Vickie for all of your help and support.



Meet Nathan Root & Amanda Huckabee—Kitchen Staff

Amanda and Nate joined the Heritage Center staff the end of July 2015. Stop in and say Hello and introduce yourself if you haven't met them yet.

Amanda was born in Boise, Idaho. She was adopted at the age of 7 and moved to Salk Lake with her new family. She graduated from Steps Learning Center in 2011. She met her husband David and they were married in 2013. They have two beautiful daughters, Aaliyah, age 2; and Araiah, age 1. Amanda loves to spend her free time with her family and friends. She enjoys dancing, singing, and cleaning. Amanda is a great addition to our staff and we are so happy to have her with us.

Nathan was born in Salt Lake City and raised in the Kearns area. He graduated from Murray High School in 2012. Nathan volunteered at the center for about 5 years before he joined our staff. He enjoys playing basketball, video games, and listening to music. He also has a great collection of action figures. Nathan would like to go to culinary school to become a chef. He enjoys creating meals and developing recipes. We are so glad to have him as part of our team.



Barber Shop is Open



The Center offers haircuts for men and women on **Tuesday** mornings from **9:00 to noon**. The cost of this service is **\$8**. Only haircuts and trims are being offered at this time. The barber is Jocelyn Anderson.

Haircuts are scheduled by appointment, every 20 minutes, starting at 9:00. Appointments and payment are required in advance. Cancellations need to be made 24 hours in advance for a refund.

Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Thursday, Feb 25 from 9:30-12:00** to provide toenail clippings and routine foot screenings. The **cost is \$10** and advance payment is required. Sign up now. *Dr. Shelton is unable to provide services for people who are diabetic or on anti-clotting agents such as Coumadin.*

Classified Ads

Classified Ads can be placed by Center participants for \$5 (50 word limit). All transactions made through Ads need to be done outside of the Center.

*****FOR SALE*****

Kenmore Gas Drier, 2 years old, but used 1 year. \$250. Contact Ryan at 801-949-5742

Massage Therapy on Fridays

Sue Corder, a Nationally Certified and Utah State Licensed massage therapist provides massage therapy on **Fridays from 11:45-3:45**. Schedule a half hour for \$18 or an hour for \$36. Payment is needed in advance and paid to the Heritage Center.

Online Registration

Did you know that you can register for some of the Heritage Center programs and activities online? It's an easy process that can be completed when you create an account at mcreg.com. You will need an email address to create an account. Go to mcreg.com and select "New Account." Once you have created your log in and password you can choose your activities for registration and pay using a credit card. You will notice that some activities will say "register in person." If you have questions about the process or which programs allow on-line registration, check at the front desk.



Attorney Consultation

An attorney will be available for free 20 minute legal consultations on **Tuesday, Jan. 12** or **Feb. 9** from **12:30-2:30**. Appointments are needed. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help but they will not attempt to represent you.

Blood Pressure



Blood pressure and glucose screening is offered on the following days: **Thursday, Jan. 7; Friday, Jan. 15; Thursday, Feb. 4; Friday, Feb 19**. All screenings are from 11:00-12:00.

Special thanks to Rite Aid and SLCC Nursing students for providing this service.

Medicare Help

Need help with Medicare or supplement issues? Sign up for individualized help on **Tuesday, Jan 19** or **Feb 16 at 12:00**. Bring documents related to the issues and a volunteer from SHIP will help you out.

Transportation

Transportation is available for Murray residents on Wednesdays to and from the Center. The cost is \$2 for a round trip ride and pick up is between 10:00-10:45 and take home around 2:30 after bingo. Call one day in advance for a ride.

2016

Heritage

Center

Events

Heritage

Center

#10 E. 6150 S.

(West of State)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

We are here to


serve you


Monday-Friday

8:00-4:30 and

Thursday until

10:00 PM

Monday		Tuesday	
9:00 NIA	4	8:30 Ceramics	5
9:00 Computer Help		9:00 Stretch / Haircuts	
10:15 Pickleball		9:30 Line Dancing	
11:00 Bridge Lessons		10:30 Tai Chi	
1:00 Movie: Man from U.N.C.L.E.		11:00 Canasta	
2:00 Strength Conditioning		11:30-12:30 Lunch	
		12:30 Balance Class	
		12:45 Crafts	
		1:00 Computer Help	
		2:00 Beginning Line Dancing	
9:00 NIA	11	8:30 Ceramics	12
9:00 Computer Help		9:00 Stretch / Haircuts	
10:15 Pickleball		9:30 Line Dancing/BYU Museum	
10:30 Meditation		10:30 Tai Chi / Downsizing Class	
11:00 Bridge Lessons		11:00 Canasta	
1:00 Movie: Ricki and the Flash		11:30-12:30 Lunch	
2:00 Strength Conditioning		12:30 Balance Class / Attorney	
		12:45 Crafts / 1:00 Computer Help	
		2:00 Beginning Line Dancing	
		2:00 Wood Craft Class	
Center Closed Martin Luther King Day		8:30 Ceramics	19
		9:00 Stretch / Haircuts	
		9:30 Line Dancing	
		10:30 Tai Chi / Winter Wellness Class	
		11:00 Canasta	
		11:30-12:30 Lunch	
		12:00 Medicare Counseling	
		12:30 Exercise Help / 12:45 Crafts	
		1:00 Computer Help	
		2:00 Beginning Line Dancing	
9:00 NIA	25	8:30 Ceramics	26
9:00 Computer Help		9:00 Stretch / Haircuts	
9:30 Hardware Ranch		9:30 Line Dancing / AARP Driving	
10:15 Pickleball		10:30 Tai Chi /Vital Aging	
10:30 Meditation		11:00 Canasta	
11:00 Bridge Lessons		11:30-12:30 Lunch	
12:30 SLN: Denali Alaska		12:30 Exercise Help	
1:00 No Movie today		12:45 Crafts	
2:00 Strength Conditioning		1:00 Computer Help	
		2:00 Beginning Line Dancing	

Wednesday		Thursday		Friday	
				Center Closed New Year's Day	1
					
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Lunch/Birthday 12:45 Bingo 1:00 Bridge	6	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Stretch & Tone 9:00 Pickleball 10:30 Tai Chi /11:00 Blood Pressure 11:30-12:30 Lunch 12:45 Happy Hats 12:30 Balance Class 1:00 Computer Help 2:00 Strength Conditioning 7:00 Dance	7	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:15 Reader's Theater Performs 12:45 Bingo 1:00 Bridge	8
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	13	8:00 Pickleball Instruction 8:30 Ceramics 8:30 Wendover Trip 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Balance Class 1:00 Computer Help 2:00 Strength Conditioning 3:30 Jam Session 7:00 Dance /UTE RC	14	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:30 Reader's Theater 12:45 Bingo 1:00 Bridge	15
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:30 Transportation 11:15 Chair A'Robics 12:30 Intro Storytelling Class 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge 1:00 SLN-History of Glore	20	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Stretch & Tone 9:30 BYU Museum of Art 10:15 Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Exercise Help/Balance Class 12:45 Happy Hats / 1:00 Computer 2:00 Strength Conditioning 7:00 Dance	21	9:00 Zumba 10:00 Yoga 11:00 Blood Pressure/Glucose 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:30 Reader's Theater 12:45 Bingo 1:00 Bridge	22
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Transportation 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Storytelling Class 12:45 Bingo 1:00 Bridge	27	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Stretch & Tone 9:00 Pickleball 10:30 Tai Chi 11:00 Ririe Woodbury Trip 11:30-12:30 Lunch 12:30 Exercise Help/Balance Class 1:00 Computer 2:00 Strength Conditioning 7:00 Dance	28	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:30 Storytelling 12:30 Reader's Theater 12:45 Bingo 1:00 Bridge	29

Billiard Room

Pool tables, indoor shuffleboard, and table tennis are available for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building where this equipment is located.

Cards

Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board.



Bridge—Monday at 11:00, Wednesday & Friday at 1:00

Informal Bridge play (Chicago/Party) is held on Monday at 11:00 and Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three handed bridge will be played, if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room.

Canasta—Tuesday at 11:00-2:30

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

Birthday Wednesday — January 6 & February 3



Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, 100 this month — just tell the person collecting the money you've hit a decade and Happy Birthday!

Pickleball—instruction Thursdays at 8:00 AM

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, but loads of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game. Play Pickleball at the Center every **Monday from 10:15-12:00** or **Thursday from 9:00-11:00** in the dining room or on the outdoor courts if weather permits. If you are new to the sport, **instructional play** will take place every **Thursday from 8:00 to 9:00**. Play at the Park Center in Murray Park every **Tuesday and Thursday from 8 am to noon and Friday from 6 pm to 9 pm**. Play is free with a Park Center membership or you can purchase a punch pass for 6 visits at \$25.



Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday at 9:30** for all dancers and **Tuesday afternoon at 2:00** for beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

Bingo

Bingo is played every **Wednesday and Friday at 12:45**. Bingo is free (donations appreciated) and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. A special *Thank You* to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the 1st Friday of each month. In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: \$1 for 1-3 cards played, \$2 for 4-6 cards played.



Come Celebrate our Presidents with a special Bingo on **Wednesday, February 17**. Prizes sponsored by Jenkins-Soffe Mortuary.

Happy Hatters



The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday** at **12:45** to play Hand & Foot. Upcoming meetings: **Jan 7 & 21 and Feb 4 & 18**.

A special Thank You to **Skyline Medical** for donating the Cake and Ice Cream for the January 6 Birthday Wednesday. Skyline Medical LLC provides durable medical equipment and medical supplies.

You can reach them at **801-675-5600**.

Dance Lessons—six weeks

The Center is offering a new 6-session Dance Lessons starting on **Monday, Feb 29 at 1:00**. Dates: **February 29, March 7, 14, 21, April 4 and 11**. You will learn a variety of new dances: Waltz, Foxtrot, and Rumba. Classes are for beginning level dancers—no prior experience required. Dance lessons will be taught by Kyle and Jackie Kidd. **Sign up is required for these classes. You must have a dance partner to participate.** These classes are free, sign up now.

Have you moved recently?

Please let the front desk know if your email, home address or phone number changes. We contact people when instructors are sick or if we have unexpected changes to classes. We also mail out reminder notices as well as invitations on occasion. So if you'd like to stay informed, please update your information if it changes. Thank you.

Reader's Theater on Friday

Join volunteer Kathryn McNeil in trying your hand at acting by joining the Heritage Center Reader's Theater. The easy thing about a Reader's Theater is it requires no sets, costumes, props, or memorized lines. Instead of acting out literature as in a play, the performer's goal is to read a script aloud effectively, enabling the audience to visualize the action. Performers bring the text alive by using voice, facial expressions, and some gestures. It will be up to the group if you choose to perform any of the stories you have fun learning in the class. The group meets on **Fridays at 12:30**. No acting experience necessary! Just an enthusiasm for fun and a willingness to try reading different roles in a story. Sign-up at the front desk. You will find quirky characters in humorous situations in the short plays you'll be reading in "Age On Stage" by author Drena Heizer. We've all had annoying restaurant experiences but not quite like the one Marge has in "Lunch With Eddie." TV judges are lampooned in the ludicrous "Courtroom Capers." An amateur theatre group stumbles through a mystery play, airline passengers experience a strangely unusual journey, and a department store Santa Claus gets an unwelcome surprise. These are just a few of the funny adventures you'll enjoy reading in the Heritage Center Reader's Theater group every Friday afternoon. The group will perform one of the plays on **Friday, February 5 at 12:15**. Free, come and enjoy!



Aging Mastery Program — new Thursday evening class

The Center is excited to offer this new 10-week course called **Aging Mastery Program**. This is an evening class which will start on **Thursday, February 25 and run through April 28 from 6:00-7:30**. The cost is **\$50 for a single person or \$90 for 2 people**. A few scholarships are available if you are not able to pay the fee. See Susan if interested in a scholarship. The fee will include a light dinner provided by the Center, followed by in-depth information from professionals in the community which will help participants learn how to take an active part in their own aging. Topics include: Navigating Longer Lives, Sleep, Exercise, Healthy Eating and Hydration, Medication Management, Financial Fitness, Advance Planning, Healthy Relationships, Fall Prevention, and Community Engagement. Key components that make this class a success involve: peer support, meaningful individual goal setting, weekly accountability, and prizes for making small, consistent efforts. Results from previous participants have shown improvement in social connectedness, physical activity, healthy eating habits, understanding the preventive benefits of communication with their health care team, and use of advanced planning. In partnership with Salt Lake County Aging & Adult Services and Intermountain Health Care the Center is pleased to partner with these great agencies. Register now, there is room for everyone.

Ceramics

The ceramic class operates on **Tuesday and Thursday from 8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced student. The cost to participate is \$1.50 each time you attend plus supplies.

Craft Day

A small group of students from past craft classes meet on **Tuesday afternoons 12:45 to 4:00** to share their skills and knowledge and chat about things that are important in their lives. Newcomers are welcome. Bring your projects to share.

AARP Free Tax Assistance starts February 3

Volunteers from AARP will be providing free tax consultations and preparation for tax payers with middle and low income, with special attention to those ages 60 and over. This free and confidential service will be available each **Wednesday** starting **February 3** through **April 13** from **12:30 to 4:00**. Appointments are required and this year we have changed the registration process. We will open up the complete schedule for reservations on Wednesday, January 27. We hope this will help in the scheduling the appointments by letting you pick a date between Feb. 3 and April 13. We ask you to please remember your appointment date and then make sure you cancel in advance if you are not able to attend. This is an extremely popular service and we hate to have the tax volunteers left with empty spots from cancellations and no-shows.

Newsletters



Newsletters are available at the front desk (1.00 donation), online at www.murray.utah.gov, emailed to those who have an active participant card and have provided an email address, or a yearly subscription for \$20 can be purchased and the newsletter will be mailed to your home each month.

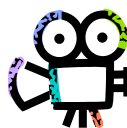


Pick up your 20% senior discount cards at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center all of the proceeds.

The Center has received \$1000 this year from the cards. Thank you Chuck-A-Rama and those who purchase the cards!



Join us on Monday for Free Movie & Popcorn - Showtime is 1:00



Jan 4 - **Man from U.N.C.L.E.** (2015) 116minutes - Action/Comedy

Jan 11 - **Ricki and the Flash** (2015) 101minutes - Comedy/Drama

Jan 25 - **No Movie today, come to the SLN on Denali at 12:30**

Feb 1 - **Mission Impossible: Rogue Nation** (2015) 131 minutes - Action

Feb 8 - **Pan** (2015) 111 minutes - Fantasy/Adventure

Feb 15 - **The Martian** (2015) 144 minutes - Action/ Drama

Feb 22 - **The Intern** (2015) 121minutes - Comedy

Feb 29 - **Bridge of Spies** (2015) 141minutes - Historical Drama/Thriller



Every time you swipe your card at Smith's, the Heritage Center will earn money through the **Smith's Community Rewards Program**, but only IF you link your rewards card to the Heritage Center. To enroll in the Community Rewards Program, go to smithsfoodanddrug.com and register your card for the Heritage Center. You need a rewards card and email address to make this happen. Instruction sheets are available at the front desk.

Exercise every day...

NIA

Monday 9:00-10:00

\$10 per month, punch pass, or \$3

STRENGTH CONDITIONING

Monday & Thursday 2:00-3:00

\$15 per month, punch pass, or \$3

STRETCH & TONE

Tuesday & Thursday 9:00-10:00

\$15 per month, punch pass, or \$3

TAI CHI

Tuesday & Thursday 10:30-11:30

\$15 per month, punch pass or \$3

LINE DANCING—\$1.50 per class

Tuesday 9:30-11:00—Everyone

Tuesday 2:00-3:00—Beginners

CHAIR A-ROBICS—Free

Wednesday & Friday 11:15-11:45

YOGA

Wednesday & Friday 10:00-11:00

\$15 per month, punch pass, or \$3

ZUMBA

Friday 9:00-10:00

\$10 per month, punch pass, or \$3

EXERCISE ROOM

Open for use daily—\$5 per month or \$1 per visit. Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

Total Fitness Pass—\$30 per month—unlimited classes & use of the exercise room.

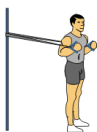
The Exercise Room is FREE for those who have the Silver Sneaker program with their insurance provider. See the front desk.

U of U Exercise & Sports Volunteer Students

A group of U of U Exercise & Sports Students will be at the Center every **Tuesday & Thursday at 12:30-2:00 starting January 19.** The cost is covered by your exercise room payment of \$1 per visit or \$5 per month or is free with Silver Sneakers. The students can help you improve your fitness levels, increase your endurance, balance, and stretching abilities. This program has become one of our most popular

classes as participants enjoy improving their fitness skills and their general knowledge about fitness.

The students also offer one-on-one help, sign up for that service in the exercise room.



Have you tried the wall mount for resistance training? The U of U students will be available on Tuesday and Thurs-

day to demonstrate how to incorporate the bands into your exercise routine.

Research has shown aerobic exercise to be beneficial in preventing and managing heart disease, improving brain health, helping to manage chronic health conditions, controlling weight and fighting obesity, enhancing strength and endurance for daily activities.

Total Fitness Pass

Total Fitness Pass—for \$30, you can purchase a monthly total fitness pass that allows you to participate in any exercise class offered at the Heritage Center plus the exercise room for an entire month. This is a great option if you are attending at least two classes a month. See the front desk if you have questions about payment options for exercise classes.



Did you know the Exercise Room is FREE if your insurance offers the Silver Sneakers Fitness or the Silver & Fit program? Give your Silver Sneakers or Silver & Fit card number to the front desk and use the room as much as you like! The Center is then reimbursed by your insurance company.

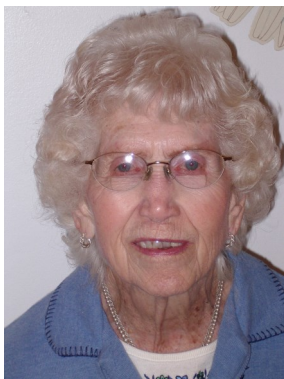


Did you know if you have the Select Health Advantage plan that your wellness reimbursement will pay for exercise classes at the Center? Just sign up and pay, keep your receipt and submit it to SelectHealth for reimbursement. They reimburse up to \$20 per month or \$240 per year for your health and wellness needs. That means The Total Fitness Pass would only cost you \$10 per month after reimbursement. What a deal!

Happy 100th Birthday Melba Mash

Happy Birthday to Melba Mash who turned 100 last month on December 18.

Melba was raised on 6400 South in Murray. She attended Liberty grade school and graduated from Murray High School in 1934. She played the saxophone in the Murray band and loved to go dancing at Saltair, Lagoon, and the Rainbow Room.



Melba married Joe Mash on July 3, 1936. They built their home on 4800 South where she still resides. They made their living on a produce farm and a large pear orchard. Melba worked from morning to night picking lettuce, cabbage, tomatoes, peppers and corn. You name it, she picked it. They also raised chickens, turkeys, cows, pigs, and rabbits. She had to learn to ride a horse and drive a tractor and a farm truck. Melba said she loved to work with plants. They had a hot house and grew their own vegetables and flowers. When she got stressed, Melba said she would just go out and pull weeds! Because of the farm, they did not travel much. But after selling the land, they bought a camper and fishing boat. They loved to go to Fish Lake, Hebgen Lake, Naughton and Fontenelle lakes.

Melba belonged to the Murray City Fire Auxillary and worked for the Murray City School District lunch program for 15 years. Melba raised three children; Bob, Deanna, and Jerry. She said that her longevity is from hard work, healthy eating, and always finding things to do.

Her advice to everyone is to be active, keep involved with family and friends, and be thankful for all the good things you have in this life.

Happy Birthday Melba, it has been a pleasure to have you participate at the Heritage Center. We look forward to having you continue to join us for lunch and bingo in 2016!

—TRIPS CONTINUED on page 15—

Thursday, February 25 - 9:30

Masonic Temple & Shriners Hospital

The bus will leave **Thursday, February 25 at 9:30** and travel to the Masonic Temple and Shriners Hospital. Return time is approximately 3:30. Cost for this trip is **\$5**. Lunch will be on your own at the Shriners Hospital cafeteria. Sign up begins February 9.

The construction of the **Masonic Temple** commenced on July 29, 1926 at a cost of \$750,000. The exterior design is ancient Egyptian with the interior rooms including Eastern European and early American. Our tour will be conducted by Aaron Saathoff, a long time Mason. After our tour of the Masonic Temple we will travel to the **Shriners Hospital** for a tour and lunch. The first Shriners Hospital for orthopedic treatment was opened on January 22, 1925 in the old St. Marks Hospital in Salt Lake City. In 1952, a new hospital was constructed at Fairfax and Virginia Streets with a 42-bed capacity. By 1990, this hospital had become outdated and the new hospital, which you will tour, was completed in 1995. There is no charge for children receiving treatment at any of the Shriners Hospitals in North America.

Mon., January 25 OR Mon., February 22

Hardware Ranch

Enjoy lunch and a sleigh ride among the elk that winter at the Hardware Ranch. The Center bus will depart at **9:30 on Monday, January 25 OR Monday, February 22** and



return about **4:00**. Cost for the day is **\$15** which includes transportation, sleigh ride, and lunch. Sign up begins January 11. Dress warm and wear winter shoes or boots.

Center Trips



...Travel with friends

Wendover

Travel to Wendover on **Thursday, January 14**, and enjoy a day at the Rainbow Casino. Then put **Thursday, March 10** on your calendar to try your luck when we travel again to the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$17** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately 7:00 pm. You may sign up now.

**BYU Museum of Art
featuring Norman Rockwell**

The Center bus will leave **Tuesday, January 12 OR Thursday, January 21 at 9:30** for the **BYU Museum of Art** to view the special exhibit, **American Chronicles: The Art of Norman Rockwell**. Cost for this trip is **\$5**. Lunch will be on your own at the Museum cafeteria. Sign ups for this trip begin January 4. One of the most popular American artists of the past century, Rockwell was a keen observer of human nature and a gifted storyteller. For nearly 7 decades, while history was in the making all around him, Rockwell chronicled our changing society in the small details and nuanced scenes of ordinary people in everyday life.

**Ririe Woodbury Dance
Illusions**

The Center bus will leave **Thursday January 28 at 11:00** for a special



performance of Ririe Woodbury Dance, Illusions at the Janet Quinney Lawson Capitol Theater. Cost for this trip is **\$5**. Sign ups begin January 13. Illusions marks the return of the Nikolais Dance Theatre. Alwin Nikolais, a groundbreaking American choreographer of the 20th Century, created unique multimedia dances that continue to be an inspiration for companies such as Blue Man Group, Cirque du Soleil and Momix.

Kingsbury Hall - Timber!

The bus departs the Center for Kingsbury Hall on **Thursday, February 4 at 11:00** for the 12:00 performance. Cost is **\$5** and sign-ups begin January 21.

Taking inspiration from the woods surrounding their own real-life family farm, **Cirque Alfonse's** talented tumblers and musicians create a crazily unique acrobatic experience set in the world of loggers and traditional Canadian farm life. If you enjoy daring feats of strength and skill, but are ready for a new cast of acrobats whose sense of fun and humor is as abundant as their beards, then this is the show you won't want to miss.

Mummies of the World

The bus will travel to the Leonardo on **Thursday, February 11 at 9:30** to view the Mummies of the World exhibit. The cost is **\$20** and sign ups begin January 20. **Mummies of the World** is the largest exhibition of real mummies and related artifacts ever assembled, presenting a never before seen collection of naturally and intentionally preserved human and animal mummies. This compelling collection, presented with reverence and dignity, includes ancient mummies from South America, Europe and ancient Egypt, dating as far back as 4,500 years. Visitors embark on a journey into the extraordinary world of mummies and mummification. Through modern science, engaging interactives and multimedia exhibits, the exhibition reveals how the scientific studies of mummies provides a window into the lives of ancient people from every region of the world, offering unprecedented insights into past cultures and civilizations.

Grantsville Breakfast

Once again our Center bus will be headed to the Grantsville Senior Center for the "2nd Best Breakfast in Utah." The bus will depart the Center at **9:00 on Wednesday, February 17** and return about noon. Cost is **\$6** for transportation and the breakfast. Sign ups begin January 26 for this always delicious trip.

Thursday Evenings: Heritage Center is Open Until 10:00 PM

The Heritage Center is open until 10:00 pm on Thursday evenings. Enjoy the computer lab, billiard room, exercise room, or dance to the music of Tony Summerhays. Scheduled programs listed below:

Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night from 7:00-10:00 pm**. Cost of this activity is \$5 per person. Light refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door. Starting in January, the dance cost will be increasing to \$5.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. In Oct. and Nov. our sponsors were Village Inn Murray & West Jordan, Chuck-A-Rama, Tony Summerhays, & Cindy Jones.

Remote Control Aircraft Club

The Ute Radio Control Association will meet at the Center on **Jan. 14 and Feb. 10 at 7:00 pm** to share flying stories, display member's aircraft, review upcoming activities, and discuss items related to the club's functions. Those interested in remote control flight of aircraft of any type, pilots of any skill level, please stop by. The club meets on the second Thursday of every month.

Jam Session

The Center sponsors a music "Jam" session for interested musicians on the **second Thursday from 3:30-5:00**. Bring your instrument on **Thursday, Jan. 14 and Feb. 10** and be ready to Jam!



Aging Mastery Class—Ten different topics and dinner each week

This 10 week class designed by the National Council on Aging will start on **Thursday, February 25** from **6:00-7:30** and run for 10 weeks. Enjoy dinner and information from a different guest speaker every week on a different topic pertaining to active aging. See the article on page 11 for complete information and sign up today.

Evening Class Ideas

Do you still work part time and can't come to the Center during the day? Do you have ideas on classes you'd like to see held on Thursday evenings when the Center is open late? Give your ideas to Maureen or Susan and they'll try to make it happen on a Thursday evening.

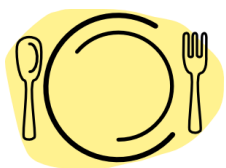
Annual Murray Fire and Police Luncheon

This will be the 15th year the Murray City Fire and Police Department employees have been invited to enjoy a free lunch at the Heritage Center. This year the event is scheduled for **February 9, 11, or 12**. The appreciation lunch was started by the Heritage Center Advisory Board back in 2002 and has become a Heritage Center tradition. Donations are currently being taken at the front desk to pay for the guests' meals. The suggested donation is \$5 per meal. Join us as we thank the Fire and Police department employees. Come and join them for lunch on one or all of the days and say hello.



January 2016

Heritage Center Menu



NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30

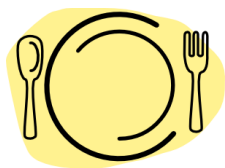
Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option.

Prices range from \$2.00 - \$4.00



Monday	Tuesday	Wednesday	Thursday	Friday
				1 CLOSED
4 No Lunch	5 BASIL CREAM CHICKEN Pasta Veggies Toffee Chocolate Bars	6 THREE BEAN CHILI Green Salad Cornbread Birthday Cake & Ice Cream	7 CHICKEN LETTUCE WRAPS Spring Roll Salad Caramel Apple Cake	8 DILL SALMON Baked Potato Green Beans Cinnamon Cookies
11 No Lunch	12 BRAZILIAN SHRIMP SOUP Cheese Bread Fruit Root Beer Float Cupcake	13 SHREDDED BEEF TACOS Cilantro Salad Raspberry Ribbon Salad	14 CRISPY PORK CHOPS Cheddar Rice Asparagus Butter Cookies	15 CHICKEN CACCIATORE Pasta Roasted Veggies Brown Butter Rice Krispies
18 CLOSED	19 BUTTERMILK CHICKEN Potato Gratin Zucchini Banana Cream Cheese Cake	20 FISH & CHIPS Coleslaw Stuffed Peanut Butter Cookies	21 SWEDISH MEATBALLS Rice Carrots Maple Bacon Cupcakes	22 THAI COCONUT CURRY SOUP Chopped Chicken Salad Blueberry Buckle
25 No Lunch	26 PEKING PORK Rice Slaw Chocolate Caramel Pavlova	27 PARMESAN CRUSTED CHICKEN Baked Potato Broccoli Tiramisu	28 POSOLE Quesadilla Wedge Chocolate Butterfinger Cake	29 SALISBURY STEAK Mashed Potatoes with Gravy Spinach Casserole Sugar Cookies



February 2016

Heritage Center Menu



NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option.

Prices range from \$2.00 - \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
1 No Lunch	2 CRANBERRY PECAN STUFFED CHICKEN Roasted Potatoes Brussels Sprouts Lemon Poppy Seed Cupcake	3 BEEF STROGANOFF Egg Noodles Carrots Birthday Cake & Ice Cream	4 TUSCAN GARLIC CHICKEN Pasta Broccoli Butterscotch Peach Cobbler	5 FISH TACOS Cilantro Salad Tres Leches Cake
8 No Lunch	9 SHRIMP & SAUSAGE ETOUFFEE Rice Greens King Cake	10 PULLED PORK SANDWICH Coleslaw Fruit Banana Caramel Poke Cake	11 POT ROAST Mashed Potatoes & Gravy Green Beans Berry Napoleon	12 FIESTA LIME CHICKEN Rice Tomatillo Salad Flan
15 CLOSED	16 GENERAL TSO'S CHICKEN Fried Won Tons Broccoli Red Velvet Cookies	17 TUNA CAKES Bacon & Corn Hash Green Salad Spumoni Cupcake	18 LASAGNA Caesar Salad Breadstick Ice Cream Sandwich	19 GREEK LEMON CHICKEN SOUP ½ Sandwich Fruit Banana Split Pie
22 No Lunch	23 PORK & CHILE ENCHILADAS Jalapeño Slaw Praline Cookies	24 CHICKEN PARMESAN Pasta Vegies Brownie Cupcake	25 PHILLY CHEESESTEAK SOUP Breadstick Fruit Orange Cookie Fluff	26 MEATLOAF Mashed Potatoes & Gravy Peas Apple Pie Oatmeal Cookies
29 No Lunch				